

# Review of the Day - Examen

We suggest this prayer is done at the end of every day, but some people find the first thing in the morning is more helpful.

**Be still**, remember the God who loves you is present with you now.

**Look back over the day.** Ask God to shine a light into your heart so that looking back you may be able to see God at work.

## **Pay attention to your emotions**

What brought you joy?  
Is there anything you feel unhappy about?

## **Talk to God about your day**

For what do you feel most thankful? Give thanks.

For what do you feel least thankful? Hand this over to God.

What have you learned from the day, how have you grown?

## **Look forward to tomorrow.**

How might you make the best of the day.



## Further Resources

Workshop on the [Examen](#) -YouTube.  
Printable sheet on the [Examen](#)  
[Workshop on the Examen - sound only](#)

Taken from ISC Glasgow website